

GLOBAL WARRIOR

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 punches



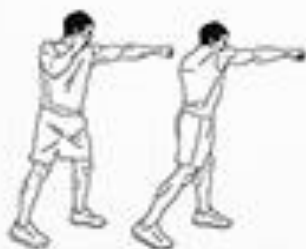
20 squat hold punches



10 punches



5 calf raises



10 punches



5 calf raises



10 punches



20 squat hold punches



10 punches

SECRET AGENT

DAREBEE
WORKOUT

@ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



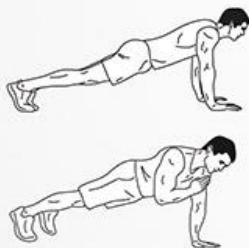
10 reverse lunges



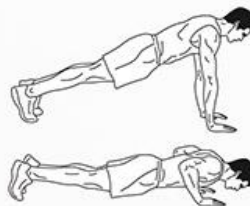
2 side-to-side lunges



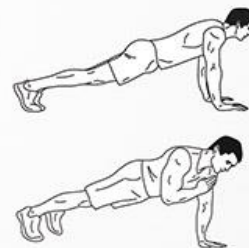
10 reverse lunges



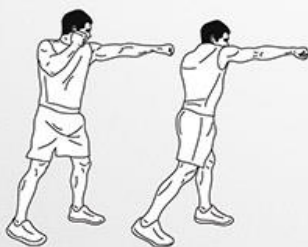
10 shoulder taps



2 push-ups



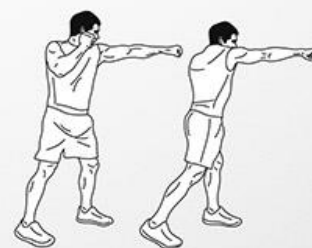
10 shoulder taps



10 punches



2 overhead punches



10 punches